Cross Country Competition Form

Student Name	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Date	Total #

School: _____ Level: _____

Coach: _____ Year: _____

Athletic Director Signature: _____

Participation an an exhibition competitor counts towards the maximum number of contests permitted and meets the requirements of the Representation Standard. If an individual or team exceeds the maximum number of contests permitted, the penalty is team ineligibility from the date of the violation for the rest of the season.

Number of Practices
Prior to First Scrimmage:
Team - 10; Ind. - 8

Number of Practices
Prior to First Contest:
Team - 10; Ind. - 10

Individual Maximum # of Contests: 16